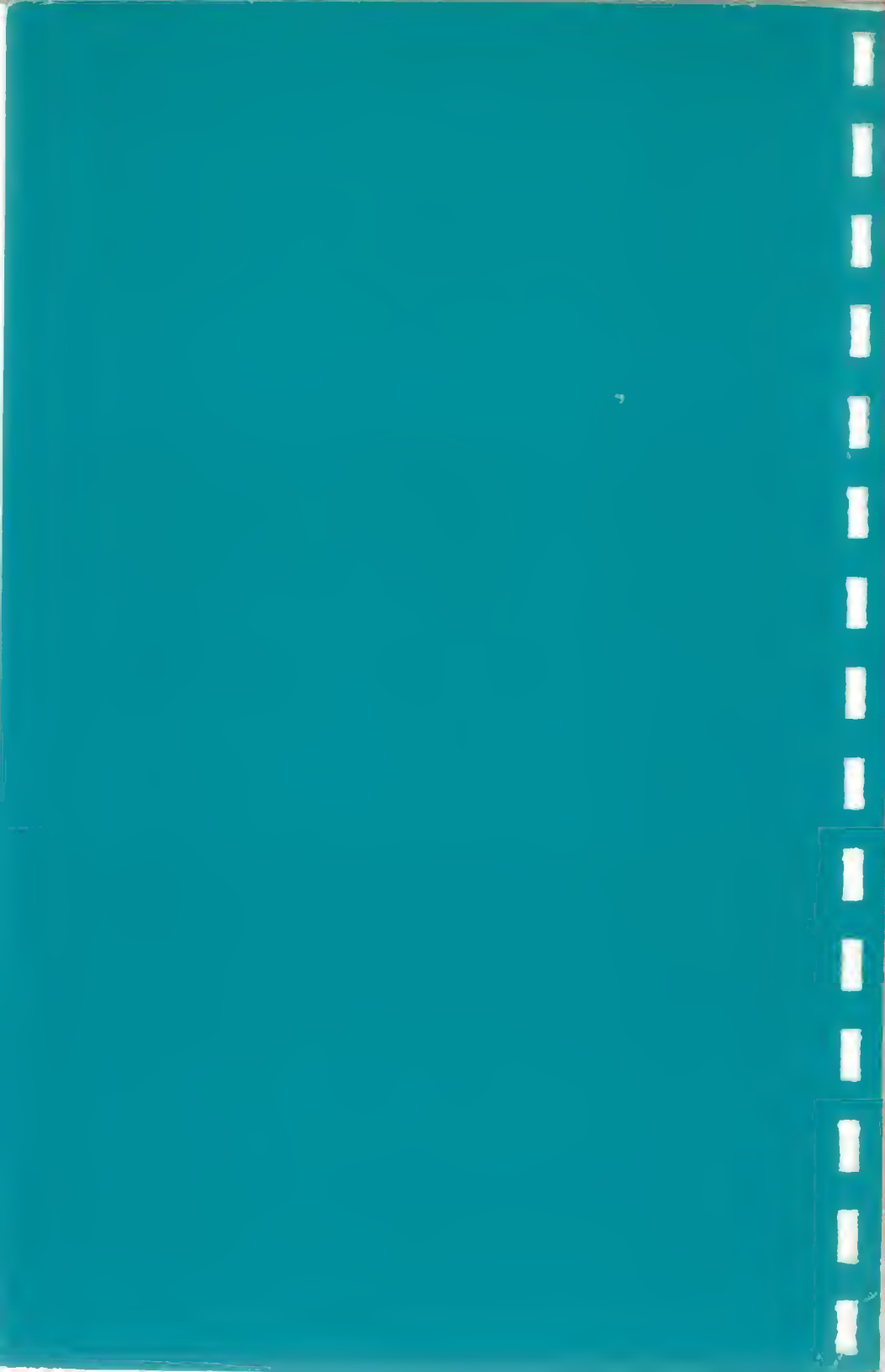


MUNCHIN' WITH THE MARLINS



COOKBOOK

1995 Florida Marlins Players and Families





THANK YOU FROM THE MARLINS FAMILY

MARLINS™



Florida Marlins wives and families

(top row from left to right): Damaris Diaz, Erica Dreschler, Kelli Weathers, Emily Mathews, Talmidge Bowen, Becky Rapp, Toni Scott, Lisa Rand, Laura Pool, Teri Veres; (middle row): Salli Kurtz, Lori Gardner, Laura Burkett, Tonya Gregg, Rhonda Johnson, Jendi Nen, Ramona Perez; (bottom row): Lauri Carr, Erica Huff, Stacy Curry, Susanne Williams and Laurie Witt. Not shown: Lynn Hammond, Lisa Harvey, Sandra Hernandez, Heather Blantin, Maite Decker, Cathy Pendleton, Cindy Conine, Vanessa Dawson, Maribel Tavarez, Candy Rojas and Lauri Lachemann.

Welcome to the **MUNCHIN' WITH THE MARLINS COOK-BOOK**. In purchasing this cookbook, your \$15 donation will go to the Angelman Syndrome Foundation and Johnson & Wales University.

Someone very close to our hearts, Miss Whitney Harvey, has been diagnosed with Angelman Syndrome, a neurogenetic disorder. Whitney is the daughter of pitcher Bryan Harvey, and his wife Lisa.

The Marlins wives are happy to be given the opportunity to raise funds for these two worthwhile organizations. Your support will enable us to continue to raise funds for those in need.

Thank you and enjoy **MUNCHIN'!**



The Florida Marlin wives and families would like to thank all executives, coaches, players, trainers and other personnel for their participation in the **MUNCHIN' WITH THE MARLINS COOKBOOK.**

Special thanks to the Marlins wives and families, especially Candy Rojas, Becky Rapp and Emily Mathews for their hard work in organizing the cookbook materials, and for their devotion and dedication to this project.

Also thanks to the following people: Jorge Arrizurieta, Florida Marlins director of community relations, Jennifer Pepper and the entire Marlins community relations staff for their efforts to make this cookbook a reality; Brenda Bassett and Robert Nograd, from Johnson & Wales University.

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The recipes in this book are favorites submitted by its contributors and are not necessarily original recipes.

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ANGELMAN SYNDROME FOUNDATION

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Angelman Syndrome is a neurogenetic disorder first described by Dr. Harry Angelman, an English physician, in 1965. In the late 1980's a deletion on the maternal 15th chromosome was detected as the cause of many of the cases of Angelman Syndrome.

The child with classical features of Angelman Syndrome has severe developmental delay, absent speech, happy demeanor; stiff, jerky and unsteady gait, a seizure disorder and hypopigmented skin.

In the United States the Angelman Syndrome Foundation is aware of approximately 500 individuals with A.S., but it is thought that there are perhaps thousands more with Angelman Syndrome throughout the world who are misdiagnosed or without a diagnosis.

The Angelman Syndrome Foundation was established in 1991 with funds donated by Bryan and Lisa Harvey. Bryan is currently a relief pitcher for the Florida Marlins. Their daughter, Whitney, has Angelman Syndrome. The Harvey family, which also includes sons Kris and Hunter, host a rodeo fund raiser at their ranch in North Carolina each year for the Angelman Syndrome Foundation and continue to be generous benefactors.

The Angelman Syndrome Foundation raises funds for education, support/advocacy and research on behalf of persons with Angelman Syndrome.

The Angelman Syndrome Foundation would like to offer our sincere appreciation to the Florida Marlins organization, players, wives and families for their efforts in making this

MESSAGE FROM ANGELMAN SYNDROME FOUNDATION

cookbook possible. Special thanks also to Johnson and Wales University for their participation in this project.

The proceeds from the sale of this cookbook will assist the Angelman Syndrome Foundation's efforts in the areas of education, advocacy and research on behalf of children and adults with this rare neurogenetic disorder. It is thought that there are perhaps thousands of individuals who are yet to be diagnosed with Angelman Syndrome. Projects such as this cookbook will help raise public awareness.

The Angelman Syndrome Foundation, which includes families and professionals, thanks you for your generous support!

Sincerely,



Alice Michael Evans
Education Chair, Board of Directors
Angelman Syndrome Foundation

MARLINS™



Florida Marlins Chairman H. Wayne Huizenga and his family.
Counterclockwise (from front center): H. Wayne Huizenga and his wife Marti, son Wayne Jr. with daughter Savannah and wife Fonda, son Ray, son-in-law Jimi Van Hart and his wife Pam Huizenga. (Not shown: son Scott)

FLORIDA MARLINS SUMMER SALAD

Salad

1 lb. torn spinach, freshly washed and drained
1 can drained mandarin oranges
1 cup alfalfa sprouts
Generous sprinkle of sunflower seeds

Dressing

2 tbsp. cider vinegar
3 tsp. dijon mustard
1/2 tsp. pepper
1/4 cup honey
1 tsp. salt
1 small onion, chopped
2 tbsp. olive oil
1/2 cup oil

Arrange salad ingredients in a large salad bowl for tossing or make individual salads. Keep salad refrigerated until served. Blend all ingredients in blender for 30 seconds. **Serves 6**

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**Marlins Partner Wayne Huizenga Jr.,
wife Fonda and daughter Savannah.
(Not shown: son Wayne III)**

YOU WON'T BELIEVE IT'S A SQUASH CASSEROLE

1 pkg. (approximately 8)
summer squash, sliced
1 large onion, chopped
1 small pkg. Pepperidge Farm

Corn Bread Dressing
1 stick margarine, melted
1 can cream of chicken soup
8 oz. sour cream

Simmer squash and onion together in water until tender, drain. Combine Corn Bread Dressing and butter, use half to line 9" X 13" casserole dish. Combine sour cream and soup, add in squash and onion. Pour into dressing-lined casserole dish. Top with remaining dressing mixture. Bake at 300° for 30 minutes covered, 15 minutes uncovered.

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The Smiley's

LASAGNA

1 lb. lasagna noodles

2 lbs. Ricotta cheese

2 tsp. parsley

1/2 lb. shredded Mozzarella cheese

3/4 lb. grated Romano/Parmesan blend

2 eggs

Spaghetti sauce

Spaghetti Sauce

29 oz. tomato puree – 1 can water

12 oz. tomato paste – 2 cans water

To prepare the spaghetti sauce: Fry pork ribs and sausage and pour into sauce after it's browned. Let the sauce cook slowly until the meat is tender (approximately 2 1/2 hours).

Grease large pyrex dish and coat bottom with sauce. In a large bowl, mix Ricotta cheese, eggs, parsley, 1/2 cup Romano/Parmesan cheese. Spread mixture over layer of noodles followed by Mozzarella cheese. Repeat sauce, noodles, Ricotta, mozzarella all mixture is used (3-4 layers). Cover with tin foil. Bake at 375° for 20 minutes. Uncover and bake another 20 minutes.

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**David Dombrowski
and Karie Ross**

ST'S' BUFFALO CHICKEN WINGS

2-3 lbs. of chicken wings
12 oz. Franks Louisiana
Hot Sauce
3 tsp. garlic salt

2 sticks of butter
Drops of tabasco sauce
1 tbsp. lemon juice

Separate wings into 2 pieces. Cook wings. Combine all other ingredients over low heat in saucepan. Dip cooled wings in sauce and bake at 425° for 20 minutes. Serve with blue cheese salad dressing.



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**Marlins Manager Rene Lachemann
and wife Lauri**

SALSA FOR GRILLED MARLIN AND SEAFOOD

2 large or 4 small, ripe
tomatoes, minced
1 medium-sized onion, minced
2 garlic cloves, minced
Juice of 1 whole lime
For mild flavor: 1/2 long fresh
Anaheim or ancho chili,
seeded and minced, or

2 canned whole green chilies
For spicy flavor: 1 seeded and
minced fresh jalapeno or 2
canned whole jalapenos
6 or 7 cilantro sprigs
Pinch of sugar
Salt and pepper to taste

Combine all the ingredients in a bowl and mix well. Allow the salsa to stand at room temperature 1 hour before serving. Salsa can be made up to 10 days in advance. Store in the refrigerator in a clean glass jar with a tight fitting lid.

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Kurt Abbott and Stacey Curry

HASH BROWN POTATO CASSEROLE

2 cups shredded American or
Cheddar Cheese
10 3/4 oz. can of cream of
chicken soup
1 cup sour cream
1 cup onion, chopped
1/4 cup butter, melted

1/4 tsp. salt
1/4 tsp. pepper
32 oz. package of thawed hash
brown potatoes
1 cup crushed corn flakes

Mix cheese, soup, sour cream, onion, 1/4 tsp. of butter, salt and pepper. Add potatoes and mix. Sprinkle corn flakes and 1 tbsp. of butter and bake at 350° in 13" X 9" pan for 1 hour. **Serves 6**



Alex Arias and Toni Scott

POLLO GUISADO
(CHICKEN IN RED SAUCE)

1 whole fresh chicken, cut into pieces

1 clove fresh garlic, chopped fine

6 tbsp. cooking oil

1/4 tsp. black pepper

2 tbsp. olive oil

1/4 tsp. oregano

1 cup water

1/2 tsp. goya adobo (spice)

1/4 white onion, chopped fine

4-6 green olives, chopped

1/2 green pepper, chopped fine

3-5 Spanish capers, chopped

1 green scallion, diced

1 small can of tomato sauce

Salt, pepper and Spanish paprika to taste

Season chicken to taste. Sauté chicken, onion, scallion, garlic, olives, capers, green pepper, on medium-low heat for 3 minutes using cooking oil. Then add tomato sauce, olive oil, and water. Simmer on medium heat for 45 minutes, or until chicken pieces are tender. Best served over white rice.

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The Bowen's

SPICY SHRIMP OVER RICE

- | | |
|------------------------------|--|
| 1 tbsp. butter | 1 cup of whipping cream |
| 2 tbsp. onion, chopped | 1/4 cup of chili sauce |
| 1 clove of garlic, minced | 1 cup of fresh spinach (tear into pieces) |
| 1 tbsp. flour | 1 lb. shrimp cooked and peeled (size: 25-30 per pound) |
| 3 tbsp. Worcestershire sauce | 2 cups of cooked rice |
| 1/2 tsp. Accent | |
| 1/2 tbsp. Tabasco | |
| Salt to taste | |

In a large frying pan, sauté onion and garlic in butter. Blend in flour, Worcestershire sauce, Tabasco sauce, Accent and salt. Cook until thickened and bubbly. Stir in whipping cream and chili sauce. Mix in shrimp and spinach and heat at 325°. Serve over rice. **Serves 4**

JERRY BROWNE — OUTFIELDER

MARLINS™



Jerry Browne

CAJUN-STYLE FISH

1 lb. white fish fillets, fresh or frozen, thawed

1/2 tsp. black pepper

1/2 tsp. cayenne pepper

1/2 tsp. white pepper

1 tsp. paprika

1/2 tsp. garlic salt

1/8 tsp. cumin

1/4 tsp. marjoram

1/2 tsp. parsley flakes

2 tbs. safflower oil

Combine all spices in a small bowl. Heat a thick-bottomed skillet over high heat. Brush fillets with oil and sprinkle with seasonings. Place in the skillet and cook 2 to 3 minutes on each side. **Serves 4**

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The Burkett's

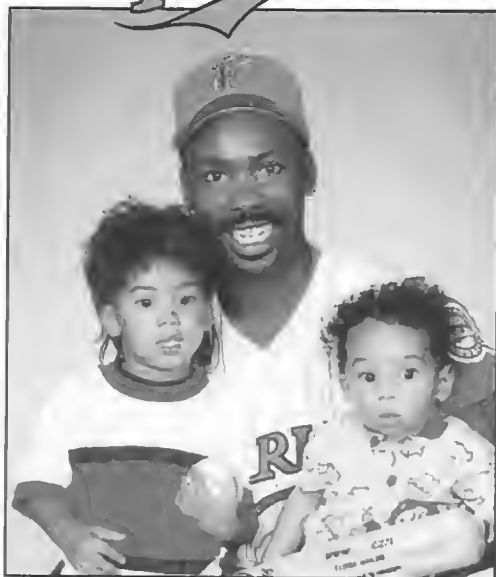
CRAB CAKES

1 large egg and one egg white
8 saltine crackers, crushed
1 1/2 tsp. dried parsley flakes
3/4 tsp. Old Bay seasoning
1/2 tsp. Worcestershire sauce
3 to 4 drops hot sauce

1/8 tsp. freshly ground pepper
3 tsp. mayonnaise
1 lb. lump crabmeat, drained
1/2 tsp. Old Bay seasoning
Paprika
Tartar sauce (ready made)

Combine first 8 ingredients; stir in crabmeat. Shape into 6 (3 inch.) patties. Place on lightly greased baking sheet. Combine 3 tbsp. mayonnaise and 1/2 tsp. Old Bay seasoning. Spread evenly on crab cakes. Sprinkle with paprika. Bake at 350° for 20 minutes or until lightly golden. Serve with tartar sauce. **Serves 6**

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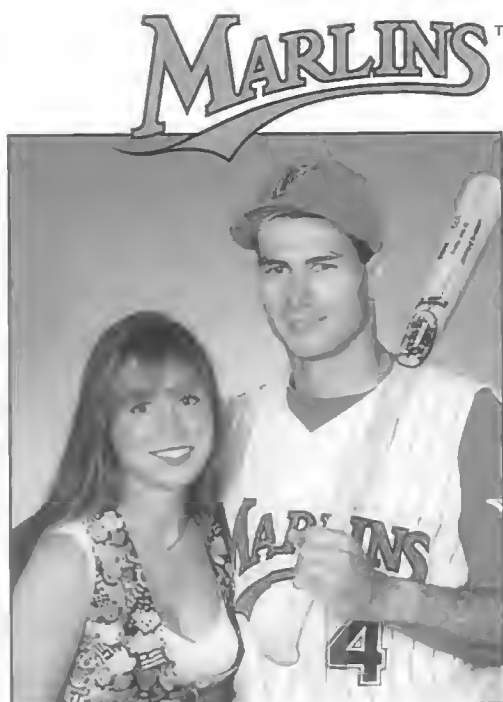


The Carr's

SAUSAGE BEAN CASSEROLE

- | | |
|---|------------------------|
| 10 oz. package frozen lima beans | 1/2 tsp. dry mustard |
| 3 19 oz. cans baked beans | 1/2 cup onion, chopped |
| 3 15 oz. cans kidney beans drained | 8 oz. tomato sauce |
| 1 lb. Italian link or pork link sausages | 1/2 cup catsup |
| 1 lb. smoked ham, cut into 1/2 inch cubes | 1/4 cup brown sugar |
| | 1 tbsp. salt |
| | 1/2 tsp. pepper |

Heat oven to 400°. Cook lima beans as directed on package and drain. Pour into ungreased 4 1/2 quart casserole dish. Add baked beans and kidney beans. In covered skillet, simmer sausages in small amount of water for 5 minutes. Drain liquid from skillet. Pan fry sausage until brown on all sides. Cut each sausage into 2 or 3 pieces. Add ham to beans. Stir together remaining ingredients and pour into casserole and incorporate. Bake uncovered for one hour. **Serves 6**



Greg Colbrunn and Erica Dreschler

LASAGNA

Filling

1 cup onion, minced
3 garlic gloves, minced
1 cup green and red bell peppers, chopped
1/3 cup olive oil
1 lb. ground beef
1 lb. spicy Italian sausage,

chopped fine
2 20oz. cans of tomatoes, peeled
2 8oz. cans of tomato sauce
1 tbsp. salt
1 tbsp. dried oregano
1 can mushrooms, sliced

Sauté onions, garlic and peppers in oil. Add ground beef and Italian sausage. Continue to sauté until meat crumbles. Add the tomatoes and tomato sauce. Bring to a boil and simmer on low heat for 2 hours. Taste and season.

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LASAGNA

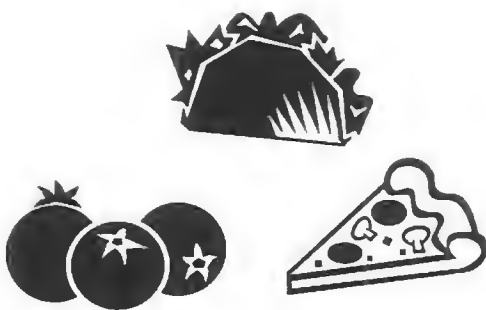
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Pasta for Lasagna

- 1 lb. lasagna (cooked al dente)
- 12 oz. Ricotta cheese
- 12 oz. Mozzarella cheese
- 6 oz. Parmesan cheese
- 6 oz. Rameino cheese

In a baking pan, place 1 layer of cooked lasagna, top with sauce and cheeses. Repeat the same process until all ingredients are used. Finish with a layer of pasta. Place in preheated 320° oven and bake approximately 40 minutes. Let set before serving.

Serves 8



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Jeff Conine and wife Cindy

MARSHMALLOW PEANUT CHEWS

Topping:

2/3 cups corn syrup
1/4 cup margarine
2 tsp. vanilla
12 oz. pkg. (2 cups) peanut
butter chips
2 egg yolks
2 cups rice krispies
2 cups salted peanuts

Crust:

1 1/2 cups flour
2/3 cup brown sugar
1/2 cup margarine
1/2 tsp. baking powder
1/4 tsp. baking soda
1/2 tsp. salt
1 tsp. vanilla
3 cups mini marshmallows

Heat oven to 350°. Combine all crust ingredients except marshmallows until crumb mixture forms. Press into bottom of ungreased 13" X 9" pan. Bake at 350° for 12-15 minutes. Immediately sprinkle with marshmallows. Return to oven 1-2 minutes or until marshmallows begin to puff. Cool while preparing topping. In large sauce pan heat corn syrup, margarine, vanilla, and peanut butter chips until chips are melted and mixture is smooth, stirring constantly. Remove from heat. Stir in cereal and nuts. Immediately spoon warm topping over marshmallows and spread to cover. Chill and cut into bar.

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The Dawson's

SOUP GREAM POUND CAKE

1 cup butter or margarine
3 cups sugar
6 eggs
1 1/2 tsp. vanilla extract
1 1/2 tsp. rum extract

3 cups cake flour
1/2 tsp. salt
1 cup sour cream
1/4 tsp. baking soda

Cream butter. Gradually add sugar, beating until light and fluffy. Add eggs, one at a time beating well after each addition. Blend in vanilla and rum extract. Sift flour with salt. Add alternately with sour cream, reserving 2 tbsp. sour cream. Blend baking soda into reserved sour cream and add to batter, stirring to blend. Pour into a greased and floured 10-inch tube pan. Bake in 325° degree oven for 1 1/2 hours or until wooden pick inserted in center comes out clean.

MARLINS™



Catcher Steve Decker and Hailey

CHICKEN CACCIATORE

1 3/4 lb. chicken
1/2 cup flour
4 tbsp. olive or vegetable oil
3/4 cup onion, diced
1 green pepper (cut in thin strips)
6 oz. can tomato paste
28 oz. can whole tomatoes

1 can water (use the tomato
paste can)
1 bay leaf
1/2 tsp. oregano
1/2 tsp. salt
2 cloves of garlic, finely chopped

Cut chicken in small pieces (if whole). Wash under water and dry. Sprinkle with salt and pepper and dredge in flour. Heat oil in skillet and brown. Remove from pan and add onion, green pepper and garlic. Add more oil if necessary. Cook until lightly brown. Add tomatoes, tomato paste, water, seasonings and chicken. Cover and simmer for 2 hours (be careful not to scorch or burn) or until chicken is tender. (Optional thickened sauce) Allotting 2 tbsp. flour to each cup liquid. Blend flour with cold water and add to sauce. Stir over low heat until thickened, then cook 5 minutes. Serve over spaghetti. **Serves 4**

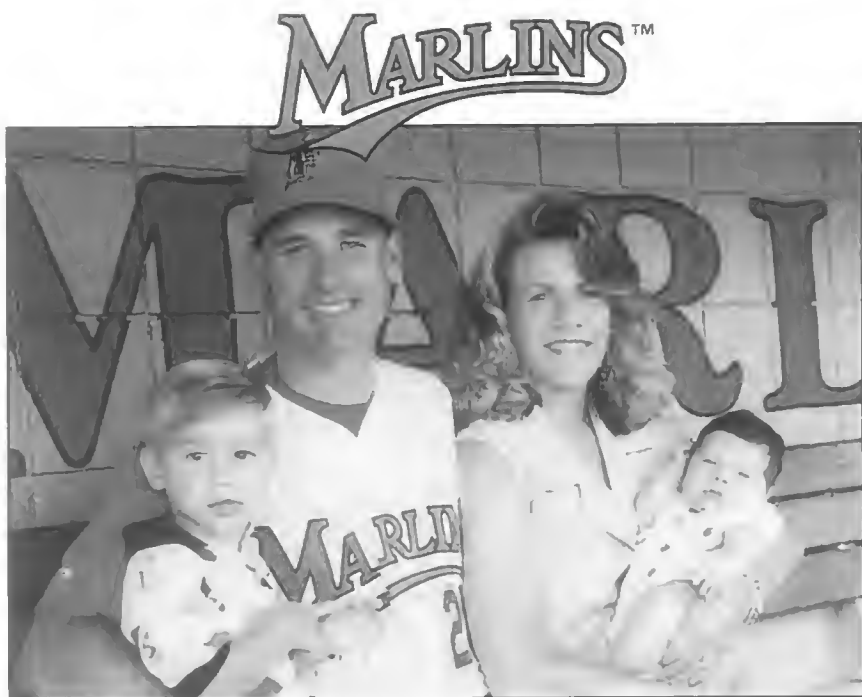


The Diaz's

LAZY RICE

- | | |
|-----------------------------|-------------------------------------|
| 2 cups of rice | 1 lb. of bacon |
| 1 can of chick peas drained | 1 small can of pimento (red pepper) |
| 1 can of beef broth | 6 oz. of Spanish sausage |
| 1 can of onion soup | |
| 1 can of tomato sauce | |

Save the water from the chick peas and mix with beef broth, onion soup and tomato sauce. Spread the uncooked rice on the bottom of the casserole dish and top with chick peas. Slice and peel the Spanish sausage and spread on top of the chick peas. Place bacon and sliced pimento on rice; add liquid. Cover with aluminum foil and bake at 350° until rice is done. Approximately 20 minutes. **Serves 6**



The Gardner's

LORI'S CHICKEN AND RICE

3/4 tsp. seasoned salt
1 lb. boneless chicken breast cut
in chunks
1/4 cup all-purpose flour
2 tbsp. vegetable oil
2 cans whole tomatoes,
undrained and cut into pieces
1 package taco seasoning

1 cup celery, sliced
1/2 cup white onion, chopped
1 can black olives, drained,
sliced (optional)
1 cup cooked long grain white rice
1 cup Cheddar cheese, shredded

Combine flour and seasoned salt in plastic bag; add chicken and coat. Heat vegetable oil in skillet and brown chicken. Add the rest of the ingredients, except the cheese. Bring to a boil, reduce heat and simmer for 25 minutes. Stir in one-quarter of Cheddar cheese. Serve topped with the rest of the cheese. **Serves 3-4**

TOMMY GREGG — OUTFIELDER

MARLINS™



Tommy Gregg and wife Tonya

TONYA'S CHICKEN

2 cups diced chicken
10-12 oz. can french-styled
green beans, cooked
1 box wild rice (prepared
as directed)
1 can cream of celery soup
1/2 cup mayonnaise
(may use light)

1 can sliced water chestnuts,
washed and drained
1 medium onion, chopped
1 tsp. pepper
1 tsp. dill
1 tsp. basil

Prepare wild rice, let cool. Prepare green beans, cool. Mix all ingredients in buttered dish. Bake at 350° for one hour. Let cool. Enjoy!

MARLINS™



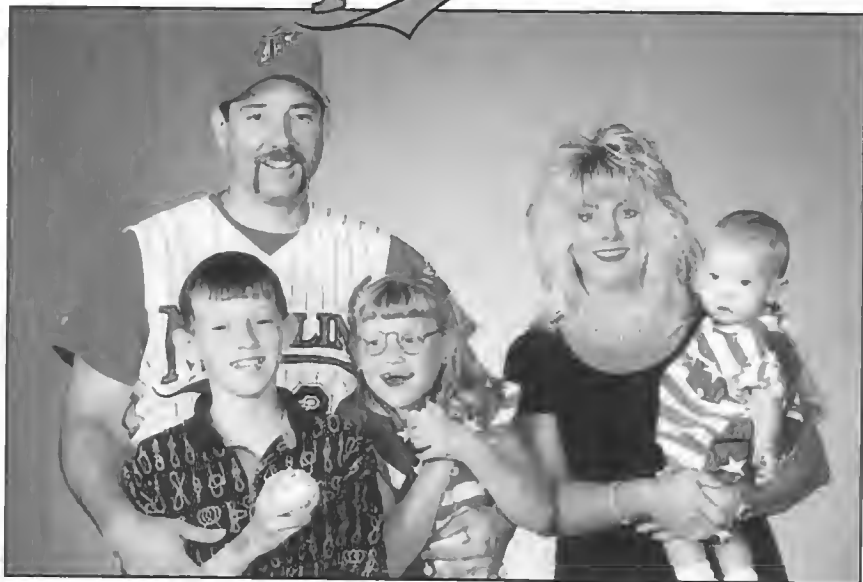
Chris Hammond and wife Lynn

ZITI BAKE

- | | |
|-------------------------|----------------------|
| 1 cup dry white wine | 2 shallots |
| 2 cups heavy cream | 2 cloves of garlic |
| 7 oz. Parmesan cheese | 2 tbsp olive oil |
| 7 oz. Gorgonzola cheese | 1 whole sweet onion |
| 1 lb. Ziti | 1/3 cup of mushrooms |
| 4 Roma tomatoes | |

To roast tomatoes and onions, squeeze seeds out of tomato and cut onion into eighths. Pour a small amount of olive oil over onion and tomato pieces and roast in oven at 125°. Sauté shallots, garlic, and mushrooms in olive oil over low heat, add 1 cup dry wine. Continue to sauté over low heat; add 2 cups of heavy cream gradually and let it cool down. Mix Parmesan and Gorgonzola cheese into the cold mixture. Add salt and pepper to taste. Boil and drain Ziti noodles and mix in a casserole dish, cover and bake at 350° for 20 minutes. Let cool slightly before serving. **Serves 6**

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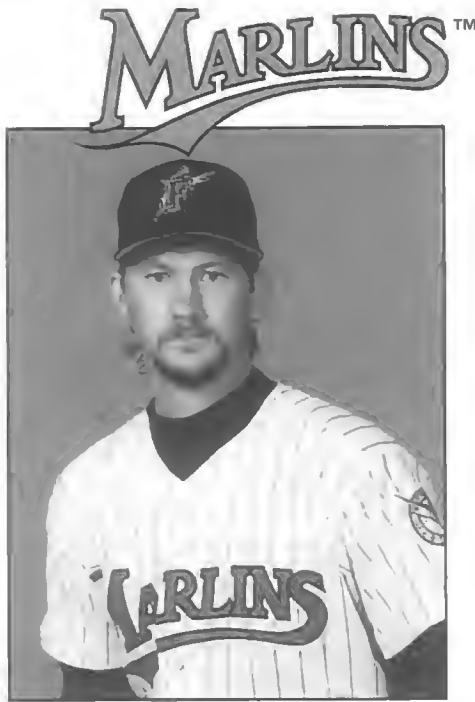
The Harvey's

TWICE BAKED POTATOES

- | | |
|--------------------------------|---------------------------------|
| 4 Large baking potatoes, baked | 8 oz. package Colby Jack cheese |
| 1 stick margarine | 1 small onion |
| 8 oz. sour cream | |
| 1 jar Hormel bacon bits | |

Take baked potatoes and split in half. Scoop out insides and mix in bowl with other ingredients. Mix thoroughly and return to skins. Top with cheese. Bake at 400° until cheese is melted.





Jeremy Hernandez

ONION SOUP

6 onions, sliced thickly
2 tbsp. safflower oil
4 cups chicken broth, defatted
4 cups water
1 cup carrots, shredded
1 cup zucchini, shredded
3 bay leaves

3 whole cloves
1 tsp. herb seasoning
1/2 tsp. salt
1/4 tsp. black pepper
1/4 tsp. thyme
1/2 cup water
2 tbsp. cornstarch

Cook onions in oil in a stock pot for 20 to 30 minutes. Stir frequently until onions are lightly browned and glazed. Add all ingredients except 1/2 cup water and cornstarch. Bring to a boil. Reduce heat, cover, and simmer for 45 minutes. Mix water and cornstarch. Add to soup and cook until slightly thickened and bubbly. **Serves 8**

CHARLES JOHNSON – CATCHER

MARLINS™



Charles Johnson and wife Rhonda

LOBSTER SCAMPI

1 lb. lobster meat
2 tsp. butter or margarine
2 tsp. garlic powder
2 tsp. lemon juice

1/4 cup of white wine
8 oz. of your choice of pasta
cooked and drained

Brown and sauté lobster meat. Add garlic powder, lemon juice, white wine, and lobster meat. Simmer for 10 minutes. Serve over cooked pasta. If you have fresh garlic, use instead of powder.
Serves 2-4



MARLINS™



John Johnstone and Heather Blantin

CRAB IN PUFF PASTRY

1/2 package (17 1/2 oz.) frozen
puff pastry
2 tbsp. margarine or butter
2 tbsp. green onions, thinly
sliced (with tops)
2 tbsp. all-purpose flour
1/2 cup milk
1/2 cup whipping cream (heavy)

1 1/2 cups crabmeat, cooked,
chopped
1/2 cup dry white wine or
chicken broth
2 1/2 tbsp. fresh parsley, chopped
1 tsp. lemon peel, finely shredded
1/4 tsp. salt
1/8 tsp. pepper

Thaw one sheet puff pastry as directed on pastry package. Heat oven to 350°. Unfold pastry and place on lightly floured surface.

Continued on next page...

CRAB IN PUFF PASTRY

Continued

Roll into 10 inch square. Fold in half and roll to seal edges. Cut crosswise into 4 equal pieces. Place on ungreased cookie sheet. Bake about 20 minutes or until golden brown. While pastry is baking, heat margarine in 2 quart saucepan over medium heat. Cook onions in margarine about 2 minutes, stirring occasionally. Stir in flour. Cook over medium heat, stirring constantly until mixture is bubbly. Remove from heat. Gradually stir in milk and whipping cream. Bring to boil, stirring constantly, for one minute. Stir in remaining ingredients until hot. Separate each baked square and spoon crab mixture over bottom half of puff pastry, and cover with upper half. Garnish with parsley if desired.

•You may substitute shrimp and lobster for the crabmeat.

J&W tip: Serve with lobster or newburg sauce.



MARLINS™



Richie Lewis

LINGUINI AND CLAM SAUCE

4 cloves garlic, minced
1 cup olive oil
2 cans of clams (12 oz. each)
1/4 cup parsley, chopped
1/4 cup oregano

3 tsp. basil
1 lb. linguini, cooked
1/2 cup Parmesan cheese
1/2 cup red pepper, diced
Salt and pepper to taste

Sauté garlic in oil, add clams with juice, add parsley, oregano, basil, salt, and pepper. Bring to a boil then lower heat. Boil linguini in separate pan. Place hot pasta on plate, and ladle clam sauce over it. Sprinkle Parmesan cheese and red pepper for garnish. **Serves 4**

MARLINS™



Matt Mantei and Erica Huff

CHEESE MANICOTTI

16 oz. cooked Mostaccioli
1 1/2 pounds of ground beef,
browned and drained
1 tsp. black pepper
1 tsp. Italian seasoning

28 oz. jar spaghetti sauce
11 oz. Cheddar cheese soup
3 12 oz. cans shredded
Mozzarella

Preheat oven to 350°. Prepare pasta according to package directions. Brown meat and drain. Add seasonings to meat. Stir in spaghetti sauce and soup. Combine pasta, sauce mixture and two cups of Mozzarella cheese. Mix to combine. Sprinkle remaining cheese on top. Bake for 40 minutes. **Serves 4**

MARLINS™



The Mathews'

TURKEY CROQUETTES

1 tbsp. butter
2 cups of cooked rice
2 1/2 cups of cooked turkey,
coarsely chopped
1 can mushroom soup

eggs
Salt and pepper to taste
2 cups corn oil
Bread crumbs

Combine: rice, meat, soup, salt and pepper. Shape the chilled turkey mixture in baseball size balls. Coat the balls with bread crumbs, eggs and back into bread crumbs. Cover with plastic wrap, and return to the refrigerator for one hour. Heat 2 cups of corn oil and 1 tbsp. of butter in a large pot. Cook the croquettes over medium heat, 3-4 at a time until golden brown: 7 minutes. Set aside and keep warm. Repeat with the remaining croquettes, adding more oil and butter as necessary.

MARLINS™



The Morman's

AMARETTO CAKE

1 box Pillsbury Plus chocolate cake mix
1 4-1/2 oz. box of chocolate pudding
3/4 cup sour cream
1/2 cup mayonnaise
4 eggs
1/2 cup oil
1/2 cup water
3 tbsp. Amaretto

1 tsp. almond extract
1 cup chocolate chips
1 tbsp. cocoa

Glaze:

1 cup powdered sugar
3 tbsp. Amaretto
1 tsp. almond extract
Mix together and drizzle over cake after it cools

Mix all the ingredients except the chocolate chips in large bowl for 2 minutes. Fold in the chips. Bake in bundt pan, greased and dusted with cocoa at 350° for 50 minutes.

MARLINS™



Robb Nen and wife Jendi

BOWTIES WITH FETA CHEESE

1 16 oz. box bowtie pasta
10 Roma tomatoes
6-8 oz. feta cheese

5 leaves fresh basil, chopped
1/2 tsp. garlic, minced

Cook bowties. While pasta is cooking, blanch the tomatoes in some boiling water. Then peel and dice them. Toss together tomatoes, basil, cooked pasta, and garlic. Season with salt and pepper to taste. Preparation time: 30 minutes. **Serves 4**



TERRY PENDLETON – THIRD BASEMAN

MARLINS™



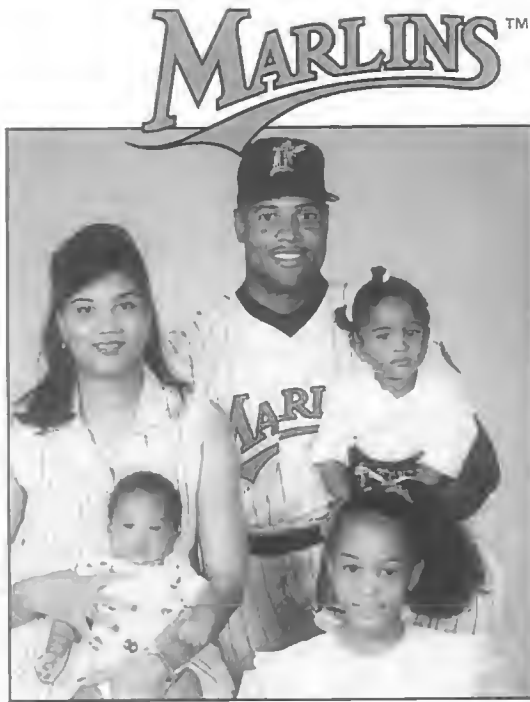
The Pendleton's

MOM'S HOMEMADE SPECIAL HAM

1 6-8 lb. Pork Butt with skin
4 cups unsweetened
pineapple juice
1/2 cup soy sauce
1 tsp. Worcestershire sauce

1 tbsp. Teriyaki sauce
1 clove garlic, minced
1/4 tsp. pepper

Mix all ingredients together in a large pot. Bring to a boil (covered). Let boil for 10 minutes and turn pork. Let boil for another 10 minutes and reduce heat to a medium simmer. Cook until sauce begins to thicken, turning pork occasionally (every 30-45 minutes to evenly glaze). This takes about 4-5 hours depending on size of pork and thickening of sauce. When cooked remove from pot, slice and serve with steamed rice.



The Perez's

MOROS DE GANDULES CON COCO

- | | |
|-----------------------------|--------------------|
| 1 can of black-eyed peas | 1 1/2 tsp. salt |
| 1 1/2 lbs. rice | 1 tsp. green beans |
| 1 1/2 onions, chopped | pepper |
| 1 sweet red pepper, chopped | 1 can coconut milk |

Grease pot and boil 1 1/2 cups of water. Add seasoning for one minute and stir. Add can of black-eyed peas and the coconut milk. Boil for 3 minutes. Add rice and stir. Cover and leave for 10 to 15 minutes on low heat. Mix coconut water with 3 cups of water.

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The Rapp's

CRAWFISH FETTUCINI

- | | |
|------------------------------|--------------------------------|
| 1/2 stick butter | 1 celery stalk, chopped |
| 1 can cream of mushroom soup | 1 16 oz. box fettucini noodles |
| 1 bell pepper, chopped | 1 clove garlic, minced |
| 4 oz. whipping cream | Salt and pepper to taste |
| 1 onion, chopped | 1 can Rotel tomatoes |
| 1 lb. Velveeta cheese | 1 lb. crawfish tails |

Sauté bell pepper, onions, celery and garlic in butter. Add Rotel tomatoes and continue to sauté. Add mushroom soup and cream and simmer for 20-30 minutes. Add Velveeta cheese, simmer for approximately 20 minutes, and add crawfish. Cook fettucini noodles as directed on box. Pour sauce over fettucini noodles and serve with warm garlic bread. **Serves 4**

GARY SHEFFIELD — OUTFIELDER

MARLINS™



Gary Sheffield

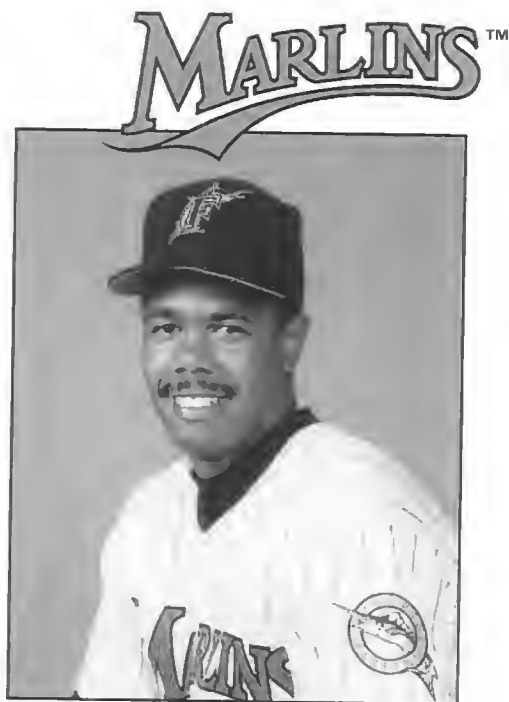
BARBECUED SHRIMP

1 lb. large shrimp, peeled and deveined
1 tbsp. low-salt soy sauce
2 tbsp. tomato paste
1 tbsp. red wine vinegar
1 tbsp. lemon juice

1/2 tsp. onion salt
1/2 tsp. garlic powder
1 tsp. barbecue seasoning
1/4 tsp. cayenne pepper
1/4 tsp. black pepper
1 tsp. oregano leaves

Place shrimp in a medium dish. Combine remaining ingredients and pour over shrimp. Cover and refrigerate several hours in a baking dish. Bake at 350° until shrimp are thoroughly cooked (15 to 20 minutes). **Serves 4**

JESUS TAVAREZ - OUTFIELDER



Jesus Tavaréz

EGG WHITE CASSEROLE

- | | |
|--|---------------------|
| 1 1/2 cups potatoes, cooked
and thinly sliced | 1/4 tsp. marjoram |
| 1/2 cup green onion, chopped | 1/2 tsp. chervil |
| 1 1/2 cups frozen peas, cooked | 6 egg whites |
| 8 oz. tomato sauce | Paprika for garnish |

Preheat oven to 350°. Spray a shallow 1 1/2 quart baking dish with non-stick cooking spray. Arrange potato slices, onion, and peas in the dish. Combine tomato sauce, marjoram, and chervil. Pour mixture over peas. Make 6 impressions in the mixture, and place egg whites in the impressions. Discard the yolks. Sprinkle casserole with paprika. Bake at 350° for 25-30 minutes until eggs are set. Serves 2

QUILVIO VERAS - SECOND BASEMAN

MARLINS™



Quilvio Veras

MASHED GREEN PLANTAINS (MANGE)

3 green plantain
3 tbsp. butter
1 tbsp. white vinegar
Salt to taste

Sauce
1/2 large onion (sliced)
2 tbsp. white vinegar
2 tbsp. oil

Peel plantain and put in a pot with water to boil. When tender mash with a fork. Add butter, vinegar, salt, pepper and water and pureé until smooth. If sauce is too thick add some water in which plantain was boiled. To make the sauce, sauté onion in oil. add vinegar. Cook over medium heat for one minute. Serve mashed plantain topped with onion.

RANDY VERES -PITCHER

MARLINS™



Randy Veres and wife Teri

TERIYAKI TURKEY BURGER

1 pkg. ground turkey meat
1 egg white
Dash of garlic

Dash of onion salt
1/4 cup Lowry's Teriyaki sauce
with pineapple juice

Mix all contents in bowl and make into patties. Put on grill to your desire. Right before removing from grill, brush on more Teriyaki sauce and let it cook in.



MARLINS™



David Weathers and wife Kelli

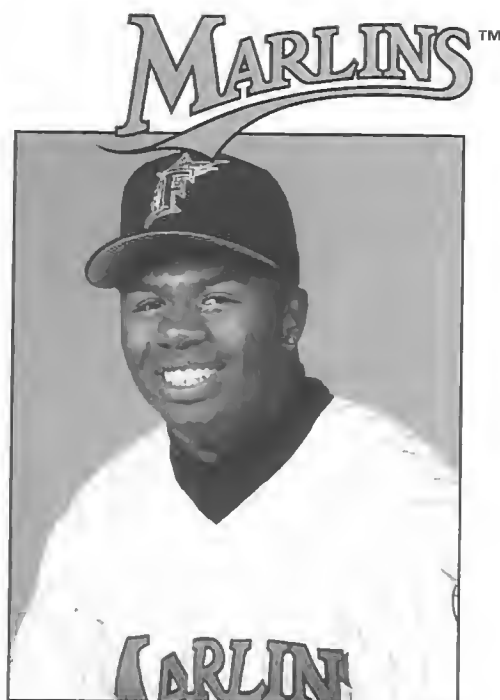
EGG SAUSAGE BAKE

8 slices bread, cubed
2 cups of grated cheese
(American or Cheddar)
2 lb. bulk sausage, browned
and drained
4 eggs, beaten

2 1/2 cups of milk
3/4 tsp. dry mustard (optional)
1 can of cream of mushroom
soup
1/2 cup of milk

Place bread cubes in greased 13" X 9" pan. Sprinkle with cheese. Top with browned sausage. Blend eggs, mustard and milk and pour over sausage. Refrigerate overnight. For baking, blend the cream of mushroom with milk and pour over sausage. Bake in preheated 300° oven for 1 1/2 hours or until done. **Serves 6**

DARRELL WHITMORE - OUTFIELDER



Darrell Whitmore

RICE CASSEROLE

1 1/2 lb. cubed veal
1 1/2 lb. cubed pork
1 cup onion, diced
1 cup celery, diced
2 4 oz. cans mushrooms

1/2 cup unblanched almonds
4 tbsp. soy sauce
1 6 oz. box long grain and wild
rice with herb seasoning
3 cups boiling water

Brown veal and pork in skillet; add onion and celery. Cook until tender. Place in large casserole; add mushrooms, almonds, soy sauce and rice. Pour in boiling water. Bake at 350° for 1 hour and 30 minutes. **Serves 12**

MARLINS™



The Witt's

DOVE POPPERS

1 dozen dove (24 breasts)
1 jar/can sliced jalapenos
1 block (1/2 - 1 lb.) sharp

Cheddar cheese
1 pkg. bacon
Toothpicks

De-bone dove into breasts, and wash thoroughly. Cut cheese into 1 inch square pieces. Take a piece of cheese and a slice of jalapeno and place between two dove breasts. Wrap bacon around breasts. Place toothpick to hold all together. Place on grill for approximately 7-10 minutes. Serve hot with crackers as an appetizer.

MARLINS™



The Breedens

VEAL NAPOLI

1 lb. boneless lean veal
shoulder
1 tbsp. margarine or butter
1 medium onion, thinly sliced
1 tbsp. flour
1 lb. can tomatoes
2 tbsp. chopped parsley

1/2 tsp. salt
1/2 tsp. garlic salt
1/2 tsp. leaf oregano, crumbled
2 cups medium macaroni shells,
uncooked
2 tbsp. grated Parmesan cheese

Trim all fat from veal; cut into 1-inch cubes. Brown in butter in large frying pan; remove with slotted spoon. Place in 8-cup baking dish. Sauté onion in drippings in pan until soft. Sprinkle flour over top; stir in with tomatoes, parsley, salt and oregano. Heat, stirring constantly, to boiling; pour over veal. Cover. Bake in 350° oven for 45 minutes or until almost tender. Cook macaroni according to package directions; drain. Stir into veal mixture; sprinkle cheese over top. Bake for 15 minutes longer or until veal is tender.

MARLINS™



The Kuntz's

CREAMY CHICKEN BURRITOS

3 chicken breasts, boneless,
skinless
2 packages McCormick's
White Sauce Blend (prepared)
1/2 cup white rice, cooked
3/4 cup grated Cheddar cheese
3 slices American cheese
6-8 oz. ripe olives, sliced and
drained
10 flour tortillas
Salt and pepper
Paprika
Parsley flakes
6-8 oz. salsa

Continued on next page...

CREAMY CHICKEN BURRITOS

Continued

Place chicken breasts in a shallow baking dish. Add 3 tsp. of water. Sprinkle lightly with salt, pepper, paprika and parsley flakes. Cover and bake at 325° for 1/2 hour, or until done. Be careful not to dry out chicken. Cook rice and set aside. When cooled, shred or cut chicken into bite-size pieces and place in a mixing bowl. In saucepan, mix McCormick's White Sauce Blend according to package directions (add milk and stir over medium heat until thickened). After thickening, add American cheese slices and stir until melted. Add 1/3 of the sauce to chicken. Save the remaining sauce to cover finished burritos. To mixture add rice, 1/2 can olives and about 1/2 jar salsa. Stir together.

Place tortilla in microwave oven until warm and soft (if desired, tortillas may be sprinkled first with water to prevent cracking). Place mixture in each tortilla and roll (1" diameter). Then place side by side in a well-greased 11" X 14" baking dish. Cover with remaining sauce. Garnish with remaining salsa and sliced olives. Warm in oven at 325° until ready to serve (10-20 minutes). Delicious with refried beans and tortilla chips. **Serves 10**



MARLINS™



Jose Morales and wife Lydu

FISH IN LEMON-BUTTER SAUCE

- | | |
|-------------------------------|--------------------------|
| 2 onions cut in rings | 1 lime, squeezed |
| 2 pounds fish (white flesh) | 1 1/2 sticks butter |
| 2 cloves garlic, minced | Jalapeno just to taste |
| 1 stalk celery, diced | Salt and pepper to taste |
| 3 sweet peppers, cut in rings | |

Marinate the fish with salt and pepper. Sauté all the ingredients in a sauce pan with a half cup of water for 10 to 15 minutes. Add the fish, cover and let simmer for 15 minutes.

J&W Tip: Use scrod, halibut or sole with this recipe. **Serves 6**

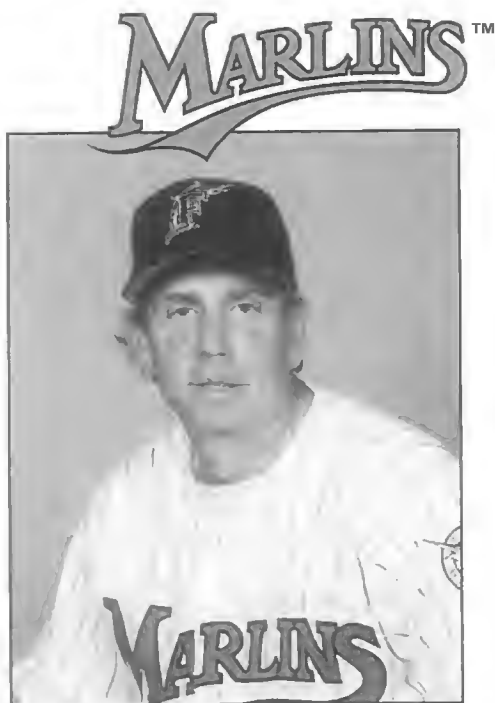


Cookie Rojas and wife Candy

FRESH HAM ROAST
(PIERNA DE PUERCO A LA CRIOLLA)

- | | |
|---------------------------|-----------------------------|
| 1 6 lb. fresh ham | 1/2 tsp. pepper |
| Garlic | 2 tbsp. salt |
| 3/4 cup sour orange juice | 3 or 4 onions, round slices |
| 1 tbsp. oregano | |
| 2 tsp. comino | |

Clean ham, puncture ham with knife making deep cuts all over. Blend all other ingredients to make a marinade and pour over ham and refrigerate overnight. Bake in preheated 325° oven for 4 hours. Using the marinade, baste ham from time to time to avoid dryness. **Serves 8-10**



Larry Rothschild

STUFFED PEPPER CUPS

6 well rounded green peppers
3/4 lb. lean ground beef
1/2 cup onion, chopped
14 1/2- 15 1/2 oz. can stewed
tomatoes
1/2 cup long grain rice
1/4 cup water
2 tbsp. Worcestershire sauce

Salt and pepper
1/2 cup shredded
Cheddar cheese
Italian style bread crumbs

Continued on next page...

STUFFED PEPPER CUPS

Continued

Cut off very tops of peppers. Clean out core and seeds, rinse. Boil pepper cups in salted water for 5 minutes, drain, and set aside. Brown ground beef and chopped onion in a large skillet. Drain excess fat. Add stewed tomatoes, long grain rice and 1/4 cup of water, add Worcestershire sauce, salt and pepper to taste. Bring to a slight bubbling boil and then place on low heat. Cover and simmer until rice is tender (20-25 minutes). When rice is tender, stir in shredded cheddar cheese. Fill each pepper cup with the mixture. Place side-by-side, standing up in a baking dish. Bake at 350° in oven until heated through (20-25 minutes). Top each pepper cup with bread crumbs. Place back in oven for a couple of minutes to toast bread crumbs. Serve. **Serves 6**

J&W Tip: Toast bread crumbs in butter, season with salt and white pepper. Mix with shredded romano cheese. Top the pepper and bake until cheese starts to melt. When serving, sprinkle paprika on top.



MARLINS™



The Williams'

GARDEN VEGETABLE AND PASTA SALAD

12 oz. of rotini cook al dente,
drain and set aside
1 jar McCormicks Salad
Supreme Seasoning
1 package Good Seasons
Italian salad dressing prepared
1 medium tomato
1 head of broccoli

3 carrots
1/2 green pepper
1/2 red pepper
1 can small pitted black olives,
sliced
1/2 cup sharp shredded
Cheddar cheese
1/8 cup of Parmesan cheese

Place vegetables (cleaned, washed, and diced) and pasta in bowl. Add all other ingredients. Mix well and place in refrigerator one hour before serving. This salad can be customized to any size family and is always a bright addition to a meal. Serve as a side dish or a main meal. **Serves 4**

MARLINS™



The Andersen's

SUSAN'S CREAM CHEESE CHICKEN

4 large chicken breast,
skinless, boneless
8 oz. cream cheese
3 tbsp. lemon juice

5 scallions, diced
Salt and pepper
Parmesan cheese

Set cream cheese out in a bowl to soften. Cut the thick pieces of chicken in half lengthwise. With a meat tenderizing mallet, pound the chicken pieces until thin enough to roll. To the softened cream cheese add the scallions and lemon juice, mix until creamy. Spread approximately 2 tbsp. of the mixture over each piece

of chicken then roll up starting at the thicker end of the chicken. Salt and pepper each piece and sprinkle parmesan cheese. Set each piece, seam side down, on a plate and refrigerate at least 1 hour. Cook in skillet on medium heat with 2 tbsp. butter and 1/4 cup water approximately 25 minutes, turning each piece often. Some of the cream cheese sneaks out of the chicken during cooking and makes a nice sauce with the butter and water its cooked in. Serve it over rice and it's an automatic HOME RUN!!



MARLINS™



Dean Jordan

TOMATOES STUFFED WITH CHICKEN AND SAUSAGE

- | | |
|--|-------------------------|
| 8 large tomatoes | 1/2 tsp. thyme |
| 3 Italian sausages
(remove casing) | 1/4 cup parsley |
| 1 cup onion, chopped | 1 egg, lightly beaten |
| 1 tsp. garlic, chopped | 1 cup bread crumbs |
| 1/4 cup mushrooms, sliced thin | 4 tbsp. olive oil |
| 3 skinless, boneless chicken
breasts, cubed | 2 tbsp. Parmesan cheese |
| | 1/2 cup basil |

Preheat oven 425°. Remove the core of tomatoes, slice tops, scrape inside of each, chop pulp and reserve. Heat sausage in skillet. Add 1/2 cup onion and garlic. Cook until melted. Add mushrooms, chicken, thyme, salt and pepper. Stir and blend well. Cover and simmer 10 minutes. Scrape into a bowl. Add parsley, egg and bread crumbs. Spread 2 tbsp. olive oil over bottom of baking dish. Add remaining onion pulp, salt and pepper, stuff tomatoes with mixture, smooth over tops. Sprinkle with grated Parmesan and remaining olive oil. Bake 25 minutes. Sprinkle with basil. Serve over rice or pasta.



MARLINS™



The Kramm's

RASPBERRY DELIGHT

50 vanilla wafers, crushed
3/4 cup of soft butter
2 cups powdered sugar
1 cup heavy cream
3 oz. package cream cheese
1 pkg. raspberry jello
2 pkgs. frozen raspberries
with juice
Chopped nuts

Mix 50 crushed vanilla wafers with butter and press into a 9" X 13" pan, reserve crumbs for topping. Set pan in freezer to harden. Mix the butter, powdered sugar, and cream cheese. Spread over first layer of vanilla wafers. Add one layer of chopped nuts. Dissolve 1 package of raspberry jello into 1 cup boiling water and add 2 packages frozen raspberries with juice. Chill this mixture till thick and spread over nuts. Whip 1 cup of heavy cream and add 3 tbsp. powdered sugar. Spread over jello layer. Sprinkle on crumbs and refrigerate over night.

MARLINS™



The Mariner's

CHOCOLATE ICE CREAM PIE

Pie shell:

1 1/2 cup vanilla wafer
crumbs
1/2 cup nuts, chopped
1/4 cup margarine, melted
or
1 graham cracker pie shell
1/2 cup nuts, chopped

Filling:

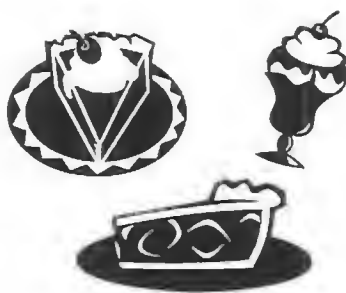
1 cup miniature
marshmallows
1/2 cup semi-sweet
chocolate pieces
1 quart chocolate ice cream
(or frozen yogurt), softened
3 tbsp. half and half
1 tbsp. powdered sugar
3 1/2 cups (8 oz.) whipped
topping

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CHOCOLATE ICE CREAM PIE

Continued

Mix marshmallows and half and half in a small saucepan. Melt marshmallows over low heat stirring until smooth. Add chocolate pieces and sugar. Stir until chocolate is melted. Refrigerate 15 minutes or until cool. Spoon ice cream into pie crust. Top with chocolate mixture. Spoon whipped topping on top. Freeze at least 2 hours.



FRANK WREN – VICE PRESIDENT, ASSISTANT G.M.

MARLINS™



The Wren's

**ROCKY MOUNTAIN BEEF BBQ
BRISQUET WITH BBQ SAUCE**

1 1/2 tsp. salt
1 1/2 tsp. pepper
2 tbsp. chili powder
1 tsp. crushed bay leaves
2 tbsp. liquid smoke
4 lb. beef brisket (choose a flat
brisket)
Water as needed to cover
bottom of pan

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ROCKY MOUNTAIN BEEF BBQ BRISQUET WITH BBQ SAUCE

Continued

Combine dry ingredients. Rub meat with liquid smoke. Place meat, fat side up and sprinkle dry ingredients on top, wrap in foil tightly and place in a large roasting pan. Place water in pan; cover tightly. Bake for 4 hours at 325°. Scrape seasoning off meat and cut in very thin slices across the grain. Serve with BBQ sauce and rolls.

BBQ Sauce Ingredients:

3 tbsp. brown sugar
14 oz. ketchup
1/2 cup water
2 tbsp. liquid smoke
4 tbsp. Worcestershire sauce
3 tsp. dry mustard
2 tsp. celery seed
6 tbsp. butter/margarine
1/4 tsp. cayenne pepper
Salt and pepper to taste



Combine all ingredients. Bring to a boil, stirring occasionally. Cook for 10 minutes. Serve with sliced brisket. **Serves 6**



MARLINS™



Mike Wallace

CLUBHOUSE ENCHILADAS

1 1/2 lb. ground beef
18 frozen tortillas
Salt and pepper
2 large onions, chopped

3/4 to 1 cup Cheddar cheese,
grated
15 oz. tomato sauce
10 oz. enchilada sauce

Brown ground beef; thaw tortillas in water while still in package. Season ground beef with salt and pepper; place 1 large spoonful of ground beef in each tortilla. Sprinkle with onions and cheese; roll up each tortilla. Place side by side in 13 X 9 X 3-inch baking dish, and cover with Pinto de Gallo. Combine tomato sauce and enchilada sauce; pour over top of tortillas. Sprinkle any remaining onions or cheese over top. Cover pan. Bake at 350° for 45 minutes or until bubbly. **Serves 5-6**



The Kanell's

CHICKEN POT PIE

Ingredients:

2 cups chicken, cooked

2 cups chicken broth

1 cup cream chicken or cream

celery soup

1 cup buttermilk

1 cup self-rising flour

1 stick butter, melted

Pour over above ingredients:

Combine the ingredients above and stir.

Bake at 375° for 50 minutes until brown. Let stand 15 minutes.



MARLINS™



The Starr's

SAUSAGE BRUNCH CAKE

6 slices bread
1 lb. sausage, browned,
drained
4 eggs, beaten
1 can cream of mushroom

soup
1 can evaporated milk
1/2 cup shredded sharp
Cheddar cheese
1/2 cup bread crumbs

Place bread slices in buttered 9" X 13" inch baking pan. Top with sausage. Combine eggs, soup, evaporated milk and cheese. Pour over sausage; cover. Let stand for 24 hours. Top with bread crumbs. Bake at 350° for 40 to 45 minutes or until set.

Serves 6

MARLINS™



Kevin Rand and wife Tisa

SPAGHETTI CARBONARA

6 slices lean bacon
3/4 stick butter, divided
1 medium onion, minced
1/2 cup dry white wine
2 egg yolks, beaten
1/2 cup Parmesan cheese,
freshly grated, more for
garnish
8 oz. spaghetti
4 heaping tbsp. fresh parsley,
minced
Salt and pepper to taste

Fry bacon until crisp; drain; crumble; set aside. Melt 2 tbsp. butter in small skillet. Sauté onion until soft; set aside. Tin top of double broiler, over hot water, combine cream, wine, egg yolks, cheese, remaining butter, salt and pepper. Mix well. Cook until sauce is thick and smooth. Meanwhile, cook spaghetti in boiling salted water until al dente; drain. While spaghetti is very hot, toss lightly with cheese sauce. Garnish with crumbled bacon, sautéed onion, parsley and additional cheese, if desired. **Serves: 4**

MARLINS™



Rick Slate

PROTEIN SHAKE

Mix 1 packet of Met-Rx with 16 oz. ice cold water or skim milk. Blend at low speed for 20 seconds. Add 1/2 cup frozen, unsweetened strawberries and 1/2 ripe banana. Blend at high speed for 1 minute and serve.

Made with water:

Protein - 38g

Fat - 3g

Carbohydrates - 42g

Calories - 336

Percent of calories - 8%

Made with skim milk:

Protein - 55g

Fat - 4 g

Carbohydrates - 66

Calories - 508

Percent of calories from fat - 7%

MARLINS™



Jorge Arrizurieta and wife Mari

SPAGHETTI AGLIO E OLIO
(SPAGHETTI WITH OIL AND GARLIC)

2/3 pound spaghetti
1/2 cup olive oil
2-4 cloves garlic or more (up to a dozen), cut in half or sliced

1/2 chile pepper (or to taste)
3-6 sprigs parsley, chopped
Salt and freshly ground black pepper

Put the pasta on to boil and cook until al dente. While the pasta is cooking, prepare the oil. Heat the oil in a heavy skillet. Add the garlic. Sauté over medium heat only until garlic is golden. Do not burn, as burned garlic gives a bitter taste to the oil. Add the chile pepper and the parsley. If the garlic begins to brown, remove it. When pasta is al dente, drain it and pour it into a large, warm pasta bowl. Pour the oil over and toss well. Taste for salt. Serve immediately. Pass the pepper mill, but not the parmesan cheese.

MARLINS™



Tony Perez and wife Pituka

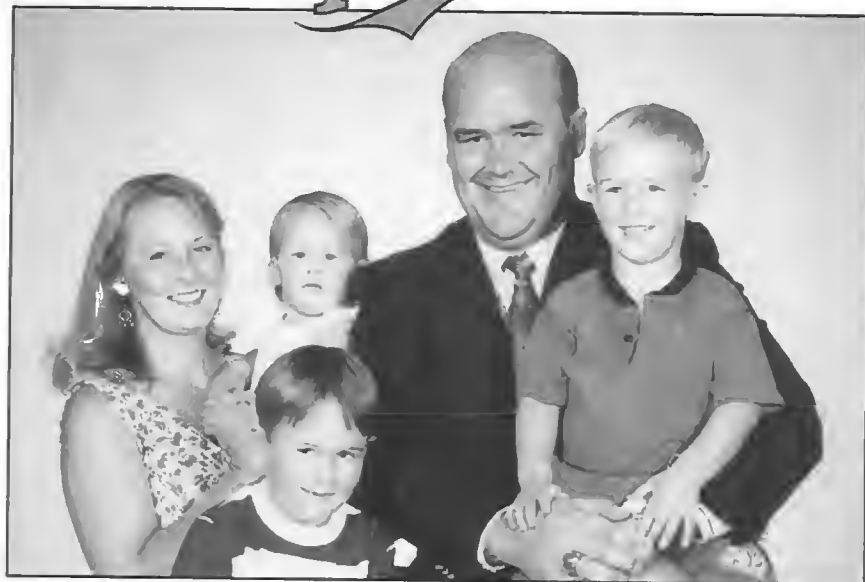
INSTANT CRAB SOUP

10 oz. can crabs
1 can cream of mushroom soup
1 can cream of asparagus soup
1 cup water

1/2 cup half and half cream
1/4 cup sherry wine

Mix first four ingredients. Bring to a boil, add half and half and sherry. Taste and adjust seasoning, serve hot with garlic toast or crackers.





The Pool's

CURRIED CHICKEN

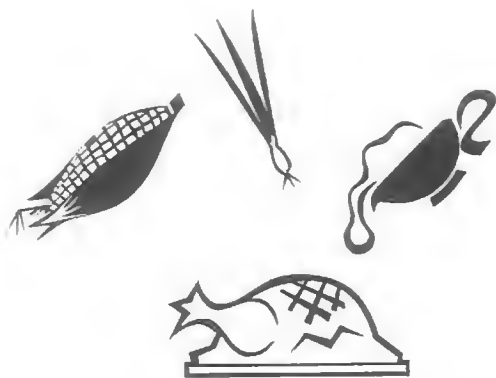
2 boneless chicken breasts,
cooked
1/2 cup butter, melted
1/2 cup flour
1 small onion, chopped fine
2 cups water
2 cups milk
1 1/2 tbsp. curry powder
1/2 tsp. salt

3/4 cup celery, chopped
2 cups white rice, cooked
1 green apple peeled and
shredded or 1/3 cup of
apple sauce
2 tbsp. Coco Lopez or
1/3 cup Coconut Milk
2 tbsp. coconut, shredded



Cook onion and celery in butter over medium heat. Add remaining ingredients. Simmer until sauce starts to thicken, add chicken and serve over white rice. Top with raisins, peanuts, chutney, bacon, egg, etc. For a smoother sauce: after sauce is cooked and reduced by a third, strain and then add the apple and shredded coconut. Usually it is served with mango chutney.

Serves 2



MARLINS™



Gary Carter

GERMAN OAT CAKE

1 1/4 cup boiling water
1 cup quick rolled oats
1/2 cup margarine
4 oz. bar sweet chocolate
1 1/2 cup sifted flour

1 cup sugar
1 tsp. baking soda
1/2 tsp. salt
1 cup brown sugar
3 eggs

In mixing bowl, pour boiling water over rolled oats. Add margarine and chocolate. Let stand 20 minutes. Stir until mixed. In a large mixer bowl, stir together dry ingredients; stir in sugars. Add eggs and oatmeal mixture. Beat at low speed just till thoroughly combined. Turn into greased and floured

13" X 9" X 2" inch baking pan. Bake at 350° for 35 to 40 minutes or until cake tests done. Spread the caramel nut topping evenly over hot cake. Broil 4-5 inches from heat for about 1 minute or until bubbly. Serve warm or cool.

Caramel Nut Topping

6 tbsp. margarine
3/4 cup packed brown sugar
1/4 cup light cream
1/2 cup chopped nuts

Combine ingredients in small saucepan. Cook and stir until mixture boils, reduce heat and simmer for 2 to 3 minutes, until slightly thickened, stirring frequently.



MARLINS™



Jay Randolph

CURRY SAUCE

2 tbsp. onion, chopped
2 tbsp. celery, chopped (may
be omitted)
1/2 cup butter
1/2 tsp. salt
1 tbsp. curry powder
1/2 cup flour

3 cups milk (or half milk, half
chicken stock)
1 cup cream
2 tbsp. sherry (optional)
3 cups cooked chicken
(or what you have, such as
shrimp) cut into large dice

Sauté onions and celery in the butter until onions are yellow; add salt and curry powder and mix thoroughly. Add flour and cook until bubbly. Add milk and cream, stirring briskly until smooth and thick, and cook until all the starchy flavor has disappeared. Add sherry and chicken and serve with Uncle Ben's rice, cooked with a bit of curry powder in the water.

MARLINS™



Joe Angel

GALA COLE SLAW

4 cups shredded cabbage
2 cups shredded carrots
1/4 cup thinly sliced celery
1/4 cup thinly sliced green
onion
1/4 cup non-fat yogurt

1/8 tsp. dry mustard
1 tsp. dill weed
1 tsp. vegetable flakes
1/8 tsp. onion salt
1/8 tsp. white pepper
1/2 tsp. caraway

Combine cabbage, carrots, celery, and green onion. Mix remaining ingredients together. Pour over vegetables and toss. Cover and chill several hours. **Serves 4.**

MARLINS™



Dave O'Brien

ITALIAN VEGETABLE DRESSING

1/2 cup cider vinegar
1/2 cup vegetable juice
2 tbsp. lemon juice
1/4 cup chopped cucumber
2 tsp. vegetable flakes

1/2 tsp. celery flakes
1/2 tsp. garlic powder
1/8 tsp. black pepper

Combine all ingredients in a blender. Blend until well mixed.
Chill several hours before serving. Makes 1 1/2 cups.



MARLINS™



Manolo Alvarez and wife Isabel

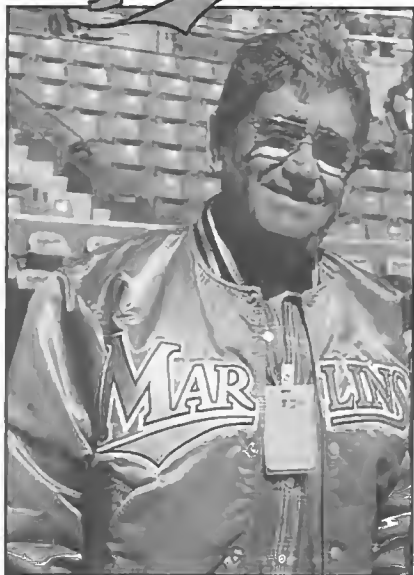
ARROZ CON POLLO

1 lb. Valencia rice
3 1/2 - 4 lb. chicken cut in 1/4
or in 1/8
3 tsp. oil
1 tsp. salt
1 1/2 onions

2 cloves garlic, crushed
1 red pepper
1 can tomato sauce
1/8 tsp. "bijol"
1 cup dry wine or beer

Fry chopped onions, red pepper and garlic. Then add tomato sauce. Season chicken with a little salt and garlic powder and fry or bake with 3 tsp. of oil. After baking, add the fried onions, red pepper with the tomato sauce. Add rice to chicken with 2 1/2 cups of water and mix for 10 minutes. Add dry wine or beer. Cook at medium temperature for 20 minutes. Last 5 minutes cook at low temperature.

MARLINS™



Felo Ramirez

GREEN BEANS ITALIANO

4 cups green beans, fresh or frozen

1/2 cup onion, chopped

1 cup tomatoes, chopped

1/3 cup water

1/2 tsp. Italian seasoning

1/2 tsp. oregano leaves

1/4 tsp. seasoned salt

Combine all ingredients in a medium, microwaveable dish. Cover. Microwave on high until tender (14 to 16 minutes.) Stir occasionally during heating. **Serves 4**

MARLINS™



Harvey Dorfman

SWEDISH PANCAKES

4 eggs
2 tbsp. sugar
1 tsp. cinnamon

1 cup flour
2 1/2 cup milk
Pinch salt

Mix eggs, sugar, cinnamon and salt together. Gradually stir in flour. Add milk and stir well, mixture will be thin. Use a 9 inch teflon crepe or frying pan, and pour about one fourth cup of batter into pan that has been sprayed with a no-stick cooking spray. Cook until golden brown underneath, then flip and cook other side. Fold in half, then in half again. Keep warm in a covered dish. Spray pan lightly before cooking each pancake. Serve with syrup, fruit, jam or fresh fruit. This can be made and briefly reheated in a covered dish in a microwave on medium heat. **Serves 4**

MARLINS™



Mike Carr and wife Lauri

MARINADE FOR FLANK STEAK

3/4 cup oil
1/4 cup soy sauce
1/4 cup honey
2 tbsp. vinegar
1 clove garlic, crushed

1 tsp. ground ginger
1 med. sized onion,
thinly sliced

Mix all ingredients and pour on flank steak. Marinade 24 hours (turning from time to time). Broil flank steak to desired doneness.





Eddie Cora and wife Darlene

CHEESE CAKE FLAN

Caramel

3/4 cup sugar
1/4 cup water

Flan

14 oz. can of sweetened
condensed milk
12 oz. can evaporated milk
5 eggs
Pinch of salt
1 tsp. of vanilla extract
8 oz. cream cheese, cut
into small pieces

Caramel

Put sugar and water into the baking mold and heat until light brown. Coat inside of mold with heated mixture by tilting it and cool.

Flan

Place ingredients into food processor or blender and mix until there are no lumps of cream cheese. Pour into cooled mold. Place the mold into a larger pan and fill second pan half way with water. This will prevent caramel from burning. Bake the flan for 1 hour at 350° (until a toothpick comes out clean). Chill before removing flan from the mold.

MARLINS™



Billy the Marlin and family

BILLY THE MARLIN'S MOTHER MEATLOAF

2 eggs
2 lbs. ground chuck
2 slices bread, crumbled
1 onion, chopped
6 oz. chili sauce

2 tbsp. water
1 tsp. salt
1/4 tsp. salt
Lots of love

Moisten bread crumbs with water. Add chili sauce, onions, salt and pepper. Stir well. Add ground chuck. Beat eggs slightly, and add to meat mix. Shape into loaf and place in loaf pan. Bake at 350° for 1-1 1/4 hours. Allow 5-10 minutes for cooling, then





**Dr. Morris J. W. Gaebel, Chairman of the Board of Trustees
and Chancellor, and wife Audrey**

PHEASANT HARVATI

8 pheasant breasts, boneless
2 pkg. Good Season's Italian
dressing mix
1 cup flour
1 lb. mushrooms
1 cup Sherry wine
1 lb. Danish Harvati cheese,
shredded (oil as needed)

Combine flour and Italian
dressing mix. Dredge breasts
in flour and sauté in oil.
Remove breasts to baking
dish. Sauté mushrooms in
same pan. Add wine, bring to
a boil, spoon over breasts.
Bake for half hour at 350°.
Top with cheese, heat until
melted. Serve with rice pilaf
and vegetables.





Robert M. Nograd, C.M.C., Dean Emeritus

VEAL SCALLOPS "MASTER CHEFS"

4 oz. per person
(approximately 12 veal scallops
each)
1/2 cup flour A.P.
1/2 cup onions, diced
1/2 cup carrot, diced
1/2 cup celery, chopped
1 clove garlic
2 cups veal demi glaze
2 oz. oil and butter

Sauce:

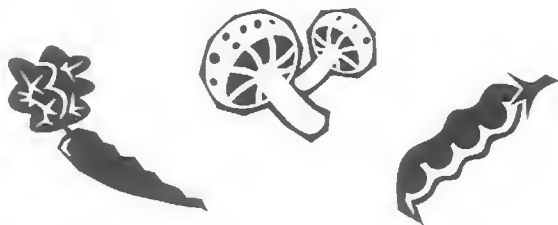
1 oz. shallots, diced
1 cup mushrooms (small heads),
halved or quartered
1/2 cup asparagus tips
1/4 cup pearl onions
1 glass white wine
Salt and pepper to taste
2 oz. heavy cream
2 oz. butter



Dredge veal scallops in seasoned flour, shake off excess, and sear in hot fat. Sauté the vegetables in same fat. Add demi glaze and cook until vegetable are tender, then strain, and season. Arrange seared scallops in baking pans, pour strained sauce, and bake in a moderate heat oven until done.

To prepare sauce:

Sauté shallots in butter, add mushrooms, onions, asparagus, sauté few more minutes, add white wine, and sauté under lid until vegetables are al dente. Add brown sauce in which the scallops were stewed, add heavy cream, finish by adjusting seasoning. Place two slices of veal on a preheated dinner plate and top with the mushroom ragout. For decoration, two blanched asparagus tips and a mushroom can be used. **Serves 6**





Donald G. McGregor, President,
North Miami Campus

SAUSAGE BAKE

Add desired number of sausages to red potatoes, onions, and red and green peppers; then wrap in heavy duty foil. Place in bottom of broiler pan or similar container to catch any juice. Cook in oven at 350° until done, time

depends on size, plan on 3-4 hours. For serving, cut 'trap door' in top of foil and put in long handled spoon. Serve with different breads and mustards. Then just get out of everyone's way!





**Brenda Bassett, Natl. Campaign Assoc., Office for
Advancement and husband Harry**

SHU'S RATATOUILLE

- | | |
|---------------------------|--------------------------|
| 3 large onions, chopped | squeezed and chopped |
| 3 green peppers, diced | oil |
| 3 red peppers, diced | Paprika |
| 3 large zucchinis, diced | Oregano |
| 3 medium eggplants, diced | Parsley |
| 8 large, ripe tomatoes, | Salt and pepper to taste |

Sauté onions - do not brown. Add peppers, zucchinis, and eggplants. Continue to sauté. Add oil as required. Lastly, add tomatoes. Season to taste. Serve as sidedish. We usually make a large batch, freeze and use all season.



MUNCHIN' WITH THE MARLINS FUN FOOD FACTS

WAYNE HUIZENGA

Home-Run Munchie: Chicken and yellow rice

Roadtrip Restaurant: The Best Cellar in Blowing Rock, NC

All-Star Cooking: Anything for a crowd

Winning Home Tradition: Being able to spend Thanksgiving and Christmas with our family. Boating and enjoying NC with family and friends.

World Series Play: Our wedding. Our children and now our grandchildren coming along.

Grand Slam/Strikeout Performance: We enjoy our children joining us, sharing their favorite recipes and helping to clean up!

DON SMILEY

Home-Run Munchie: Italian food

Roadtrip Restaurant: Toter's Chicago Road Trip located in Racine, WI

All-Star Cooking: Pasta, sausage, meatballs, pork ribs with red hearty sauce

Winning Home Tradition: Italian selections along with New York strip on Christmas Eve

World Series Play: Mom Smiley (maiden name, Dorothy Costabile) making sauce and preparing an Italian meal every Sunday as we grew up

Grand Slam/Strikeout Performance: Learning to be able to cook "different dishes" for myself as a kid – which paid off in college.

DAVID DOMBROWSKI

Home-Run Munchie: Pizza

Roadtrip Restaurant: Scoma's in San Francisco

All-Star Cooking: BBQ chicken

Winning Home Tradition: Christmas Eve dinner

World Series Play: Holidays with the family

KURT ABBOTT

Home-Run Munchie: Seafood

Roadtrip Restaurant: Ron of Japan

All-Star Cooking: Steak, chicken and fish on the grill

Winning Home Tradition: Traditional Thanksgiving dinner

ALEX ARIAS

Home-Run Munchie: Seafood, steak and potatoes

Roadtrip Restaurant: Ruth's Chris, Chicago

All-Star Cooking: Rice and beans

Winning Home Tradition: When I come home from a road trip, the next morning, we have a big family get-together for a huge breakfast

World Series Play: Making it to the big leagues and meeting my fiancée Toni

RYAN BOWEN

Home-Run Munchie: Thai food

Roadtrip Restaurant: Thai Heaven/Nit Noi, Houston

All-Star Cooking: Shrimp Fettuccine

Winning Home Tradition: Going to see "The Nutcracker" on Christmas Eve

World Series Play: First date with my wife

JERRY BROWNE

Home-Run Munchie: Seafood

Roadtrip Restaurant: Papadeaux, Houston

All-Star Cooking: Conch and lobster

Winning Home Tradition: Time with the family

World Series Play: The 1992 ALCS

JOHN BURKETT

Home-Run Munchie: Cajun

Roadtrip Restaurant: Shaw's Crabhouse, Chicago

All-Star Cooking: Anything on the grill

Winning Home Tradition: Eating dinner every Wednesday night at my grandparent's before I went bowling

GREGG COLBRUNN

Home-Run Munchie: Steak

Roadtrip Restaurant: Chicago Chophouse

All-Star Cooking: BBQ pork chops and mushrooms

Winning Home Tradition: Making tamales as Christmas

World Series Play: Meeting my girlfriend

JEFF CONINE

Home-Run Munchie: Italian food

Roadtrip Restaurant: Chipotle Mexican Grill, Denver

All-Star Cooking: Jeff Conine's homemade chocolate chip cookies

Winning Home Tradition: Mom's homemade spaghetti sauce

ANDRE DAWSON

Home-Run Munchie: Soul food mostly, but there isn't much that I don't like

Roadtrip Restaurant: Bob Chinn's, Chicago

All-Star Cooking: Peach cobbler

World Series Play: The day I got married

STEVE DECKER

Home-Run Munchie: Elk Steak

Roadtrip Restaurant: Papadeaux, Houston

All-Star Cooking: Sushi

Winning Home Tradition: Chili when I come home to my parents house

World Series Play: Pizza-Joint Pizza (little place back home)

MARIO DIAZ

Home-Run Munchie: Rice and beans. Spanish Food

Roadtrip Restaurant: El Patacón

All-Star Cooking: Puerto Rican food

Winning Home Tradition: Celebrating Three Kings Day, January 6, with gifts, toys and food

World Series Play: My wedding day

MARK GARDNER

Home-Run Munchie: Italian food or steak

Roadtrip Restaurant: Ruth's Chris, Chicago

All-Star Cooking: Pasta and BBQ

MUNCHIN' WITH THE MARLINS FUN FOOD FACTS

TOMMY GREGG

Home-Run Munchie: Pasta, meat and potatoes, ice cream

Roadtrip Restaurant: Chops, Atlanta

All-Star Cooking: Casseroles of all types, wok dinners with homemade fried rice, "Tonya's potato salad"

Winning Home Tradition: Family Thanksgiving and Christmas dinners with homemade egg nog

World Series Play: Chicken with black bean sauce

CHRIS HAMMOND

Home-Run Munchie: Spaghetti with meat balls

Roadtrip Restaurant: Montgomery Inn, Chicago

All-Star Cooking: Marinated strip sirloin steak

Winning Home Tradition: Family gets together three times a year for a deer hunt

World Series Play: Hitting a grand slam!

Grand Slam/Strikeout Performance: Passing Home Economics without having to cook

BRYAN HARVEY

Home-Run Munchie: Steak

Roadtrip Restaurant: Outback Steakhouse

All-Star Cooking: Blackened Mahi Mahi

Winning Home Tradition: Out family puts on a rodeo in North Carolina every year in October to support Angelman Syndrome

CHARLES JOHNSON

Home-Run Munchie: Seafood and soul food

Roadtrip Restaurant: Papadeaux, Houston

All-Star Cooking: Filet Mignon in red wine sauce

Winning Home Tradition: Celebrating monthly anniversaries

World Series Play: My wedding day

JOHN JOHNSTONE

Home-Run Munchie: I love everything!

Roadtrip Restaurant: Chop House, Chicago

All-Star Cooking: Homemade chili

RICHIE LEWIS

Home-Run Munchie: Mexican food

Roadtrip Restaurant: Ruth's Chris Steakhouse

All-Star Cooking: Chicken on the grill

Winning Home Tradition: Sauce on Sundays

World Series Play: As a junior in high school, I scored all points – I threw one, received one, and then kicked a field goal to win the Homecoming game

MATT MANTEI

Home-Run Munchie: Italian

Roadtrip Restaurant: Shells

All-Star Cooking: Macaroni and cheese

World Series Play: January 19, 1995, getting engaged

RUSS MORMAN

Home-Run Munchie: BBQ brisket and ribs

Roadtrip Restaurant: Houston's Plaza II, KC

All-Star Cooking: Pancakes

Winning Home Tradition: Thanksgiving dinner at my grandmother's house

World Series Play: Major League debut with Chicago White Sox

ROBB NEN

Home-Run Munchie: Any pasta

Roadtrip Restaurant: The Chop House, Chicago

All-Star Cooking: Avocado on toast

Winning Home Tradition: Homemade tacos

World Series Play: My wedding day

YORKIS PEREZ

Home-Run Munchie: Arroz arichuela y bacalao

All-Star Cooking: Arroz arichuela y bacalao

World Series Play: One day I tried to cook a fritter and it came out bitter

PAT RAPP

Home-Run Munchie: Home Cooking – steak and potatoes

Roadtrip Restaurant: Ron of Japan, Chicago

All-Star Cooking: Strawberry Pop Tarts

Winning Home Tradition: Christmas is time for us to return to Louisiana to spend time with our families

World Series Play: Birth of first child, Ryan, has been the highlight so far!

GARY SHEFFIELD

Home-Run Munchie: Seafood, yellow rice, black-eyed peas

Roadtrip Restaurant: Shaw's Crabhouse, Chicago

All-Star Cooking: Turkey wings

Winning Home Tradition: Time with the family

World Series Play: The 1992 All-Star game!

JESUS TAVAREZ

Home-Run Munchie: Seafood

QUILVIO VERAS

Roadtrip Restaurant: Red Lobster

All-Star Cooking: Chicken, rice and beans

World Series Play: I almost burned the kitchen

RANDY VERES

Home-Run Munchie: Steak

Roadtrip Restaurant: Marty's Steak House, Dallas

All-Star Cooking: Turkey Burgers

Winning Home Tradition: Vacations in Lake Tahoe

World Series Play: Getting called up to the Big Leagues

Grand Slam/Strikeout Performance: Burning chicken dinners with company waiting to eat

MUNCHIN' WITH THE MARLINS FUN FOOD FACTS

DAVID WEATHERS

Home-Run Munchie: Buffalo chicken wings and burgers
Roadtrip Restaurant: T.G.I. Friday's
All-Star Cooking: Scrambled eggs
Winning Home Tradition: Thanksgiving and Christmas dinners
World Series Play: My wedding day

JOSE MORALES

Home-Run Munchie: Seafood
Roadtrip Restaurant: Any seafood restaurant
All-Star Cooking: Seafood
Winning Home Tradition: Spanish and Caribbean dishes

COOKIE ROJAS

Home-Run Munchie: Spanish food
Roadtrip Restaurant: Ruth's Chris Steakhouse
All-Star Cooking: Lemon chicken
Winning Home Tradition: Christmas dinner, the whole family gets together
World Series Play: When I put my first major league uniform on with the Cincinnati Reds in 1962

LARRY ROTHSCHILD

Home-Run Munchie: Italian
Roadtrip Restaurant: Top Notch Beefburger, Chicago
All-Star Cooking: Lasagna
Winning Home Tradition: Dining on Roast and Spatzle (German Dumplings) made with the family recipe. My grandmother used to make it and now my mother and wife do.
World Series Play: Thanksgiving dinner 1994
Grand Slam/Strikeout Performance: Had friends over and made homemade ice cream. It was in such demand that we had to keep the machine going all night making batch after batch.

RICK WILLIAMS

Home-Run Munchie: Italian food
All-Star Cooking: Pasta
Winning Home Tradition: Black-eyed peas on New Year's

BILLY THE MARLIN

Home-Run Munchie: Seafood - I eat what I see!
Roadtrip Restaurant: Doc Graham's Taproom & Eatery
All-Star Cooking: Tuna and sardine sandwiches lightly grilled in a lemon butter sauce
Winning Home Tradition: I return every year to Atlantis to swim around with my school buddies
World Series Play: Eating hot dogs with mustard, peanuts and Cracker Jacks on Opening Day 1993

RICHARD ANDERSEN

Home-Run Munchie: Mexican or anything spicy
Roadtrip Restaurant: Rico's in Pittsburgh
All-Star Cooking: Individualized pancakes
Winning Home Tradition: Pizza on Friday nights
World Series Play: Home cooked meals with the fami-

DEAN JORDAN

Home-Run Munchie: Southwestern
Roadtrip Restaurant: Kachina in Anaheim
All-Star Cooking: Anything on the outdoor grill
Winning Home Tradition: Always grill on the weekends, as many meals as possible

BOB KRAMM

Home-Run Munchie: Italian
Roadtrip Restaurant: Cracker Barrel
All-Star Cooking: Pasta Primavera
Winning Home Tradition: Holiday dinners with roast turkey and traditional side dishes
World Series Play: My grandmother's German and Dutch cooking and baking

JONATHAN MARINER

Home-Run Munchie: Southern-style cooking
Roadtrip Restaurant: Legal Seafood in Boston
All-Star Cooking: Mesquite-grilled BBQ chicken
Winning Home Tradition: Soul food meal the night before Christmas
World Series Play: Christmas dinner at my grandmother's house

FRANK WREN

Home-Run Munchie: Anything Italian
Roadtrip Restaurant: Papadeaux, Houston
All-Star Cooking: Anything on the grill
Winning Home Tradition: Lots of food and friends on every holiday occasion
World Series Play: Jordan's birth because he "surprised us. I wasn't anticipating quite the joy the first two gave us. It took one look and I loved him instantly

DR. DAN KANELL

Home-Run Munchie: Italian
Roadtrip Restaurant: Shun Lee Palace, New York

LARRY STARR

Home-Run Munchie: Chicken - prepared anyway except with ham
Roadtrip Restaurant: The Rockwood Pottery, Cincinnati, OH
All-Star Cooking: Breakfast - pancakes, home fries, and fruit
Winning Home Tradition: Thanksgiving dinner at Walt Disney World
World Series Play: First dinner with my wife to be, Linda
Grand Slam/Strikeout Performance: Best: Any breakfast I have ever made. Worst: First barbecue, dropped half the food into the charcoal, burned the other half

JORGE ARRIZURIETA

Home-Run Munchie: All types. Most favorite, Japanese
Roadtrip Restaurant: Tommy Toys, Los Angeles
All-Star Cooking: Pasta, Pasta, Pasta
Winning Home Tradition: Christmas Day Dinner
World Series Play: The day Mari and I got married

MUNCHIN' WITH THE MARLINS FUN FOOD FACTS

TONY PEREZ

Home-Run Munchie: Seafood
Roadtrip Restaurant: Waterford, Cincinnati
All-Star Cooking: Seafood
Winning Home Tradition: Christmas
World Series Play: The day both my two sons were born

CHUCK POOL

Home-Run Munchie: Italian food
Roadtrip Restaurant: Papa Milano's, Chicago
All-Star Cooking: Pasta
Winning Home Tradition: Watch Nebraska football, and Friday night homemade pizza parties
World Series Play: Birth of first child
Grand Slam/Strikeout Performance: As a bachelor. I was learning to cook and made spaghetti for some friends. The sauce was runny so I added flour to it to thicken it, but no one wanted to eat it because the sauce came out a gross, pink color

HARVEY DORFMAN

Home-Run Munchie: Pasta
Roadtrip Restaurant: Room service
All-Star Cooking: Hamburger
Winning Home Tradition: Christmas/Thanksgiving, Swedish meatballs and pancakes
World Series Play: Raising children

MANOLO ALVAREZ

Home-Run Munchie: Spanish food
Roadtrip Restaurant: The Precinct
All-Star Cooking: Fried eggs
Winning Home Tradition: Christmas with the family
World Series Play: Working with the Marlins

JOE ANGEL

Home-Run Munchie: Italian food
Roadtrip Restaurant: A'Sabellas, San Francisco
All-Star Cooking: Pork chops a la vin cordon
Winning Home Tradition: Try to see each other at least twice a year because of schedule
World Series Play: First major league broadcast, in Atlanta versus San Francisco, when I was with the Giants

GARY CARTER

Home-Run Munchie: Chicken, pasta, New England clam chowder
Roadtrip Restaurant: Precinct, Cincinnati
All-Star Cooking: Steaks
Winning Home Tradition: Barbeque
World Series Play: Picnic at the beach

DAVE O'BRIEN

Home-Run Munchie: Chinese
Roadtrip Restaurant: The Precinct, Cincinnati
All-Star Cooking: Anything Italian
Winning Home Tradition: Chinese food on Christmas Eve
World Series Play: Birth of each child
Grand Slam/Strikeout Performance: First German Chocolate Cake I made with my son, The kitchen was a mess.

JAY RANDOLPH

Home-Run Munchie: Italian
Roadtrip Restaurant: St. Amble in Montreal, which is now out of business. It was superb!
All-Star Cooking: Shrimp curry and veal piccata
Winning Home Tradition: Old-fashioned cranberries on Thanksgiving
World Series Play: The shrimp bisque at Michelle's at the Colony Surf in Honolulu, Hawaii

MIKE CARR

Home-Run Munchie: Italian
Roadtrip Restaurant: Johnny's on the Pine, New York
All-Star Cooking: Chili
Winning Home Tradition: Christmas brunch
World Series Play: My wedding day

EDUARDO CORA

Home-Run Munchie: Cuban cuisine
Roadtrip Restaurant: Coco Loco in Atlanta
All-Star Cooking: Any breakfast
Winning Home Tradition: Christmas Eve dinner with all my extended family
World Series Play: My daughter's birth

DR. MORRIS GAEBE

Home-Run Munchie: Swiss
Roadtrip Restaurant: Dupont Hotel, Wilmington
All-Star Cooking: Breakfast, Champagne, Quail breast, Rhode Island Johnnycakes, Banana flambe, and Irish coffee
Winning Home Tradition: Christmas dinner at 9:00 p.m. with food, turkey and so forth
World Series Play: Andy and I were college students and dined two hours for a romantic dinner at the Castle Restaurant. It was probably the beginning of our careers as hospitality educators.

ROBERT NOGRAD

Home-Run Munchie: I am a master chef - I enjoy all foods
Roadtrip Restaurant: Kentucky Fried Chicken
All-Star Cooking: Pasta
Winning Home Tradition: Fourth of July is a special day because I was liberated from Auschwitz in 1945 and became a U.S. citizen in 1984
World Series Play: When I was liberated, I have never been hungry again!

DONALD "MAC" MCGEE

Home-Run Munchie: Italian cuisine
Roadtrip Restaurant: Capital Grill, Providence, R.I.
All-Star Cooking: Barbecue with different meats and sauces
Winning Home Tradition: Thanksgiving dinner
World Series Play: Being with my family

BRENDA BASSETT

Home-Run Munchie: Breakfast
Roadtrip Restaurant: Bob Evans
All-Star Cooking: Harry's red beans and rice with low-fat sausage
Winning Home Tradition: Brenda Breakfast - scrambled eggs, southwestern hashbrowns, biscuits, Canadian bacon, hollandaise sauce
World Series Play: Ackee and Bacon with Blue Mountain

MUNCHIE ROSTER

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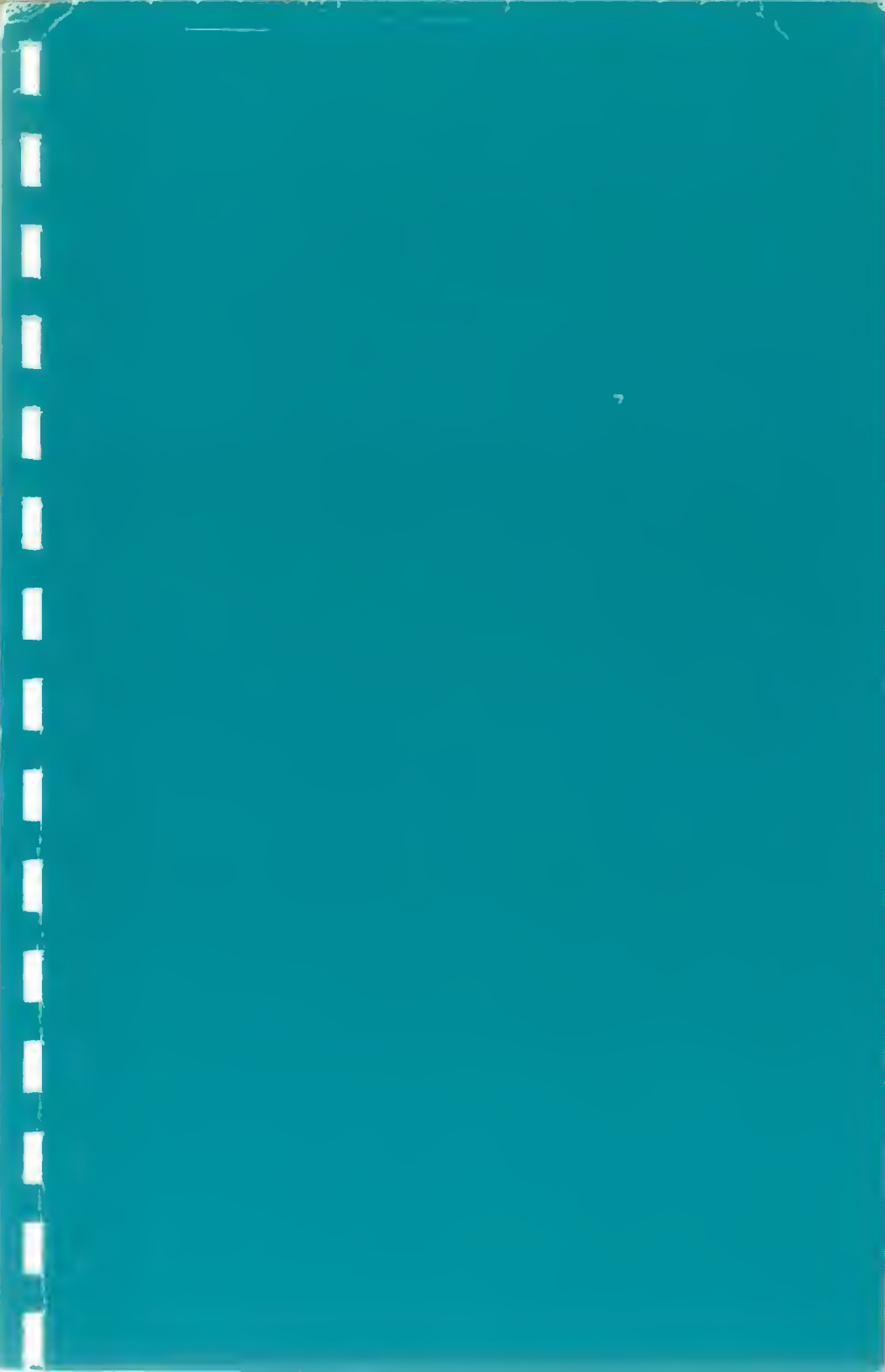
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HAFF-DAUGHERTY GRAPHICS